



## **QUESTION AND COMMUNICATE**

When you enter the Maternity ward,  
you don't give an implicit consent to everything.  
This is your body.  
This is your birth.

This BRAND acronym is an easy way to remember that you can question interventions, especially when they are not necessary.

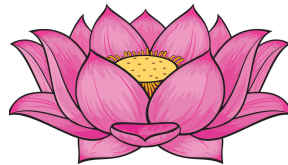
**B**enefits. What are the benefits of this intervention?

**R**isks. What are the risks of such an intervention?

**A**lternatives. Is there an alternative to this intervention? Something more natural? Less invasive?

**N**othing. What happens if we just wait or do nothing?

**D**iscuss. If the intervention is necessary, if there is no alternative and the situation fills in all the conditions, discuss it calmly with the medical team and your partner so you feel at peace with your decision.



## **A FEW BIRTH AFFIRMATIONS**

Find which ones you trust in,  
write them down  
and use them as mantras to get into your bubble.

Breathe baby down  
I trust my instincts, I know what to do  
My contractions are strong but I am stronger  
Each wave brings my baby closer to the shore  
Lots of badass mamas are birthing with me all over the world  
It is not pain. It is power!  
Breathe in strength, breathe out fear  
My body is clever  
I surrender  
I trust my body and I trust my baby  
My baby will arrive at the perfect time  
Here is a wave, I can surf it!  
My baby is the perfect size for my pelvis  
I am surrounded with love and so is my baby  
Birth is amazing, no matter how it happens  
Plans might change and I am strong enough to adapt